## ABSTRACT OF THE DISCLOSURE

A method for filling a receiver with expanded fibers includes the steps of feeding at least one bundle of fibers from at least one roving; introducing the at least one bundle into a portable tool having a manual gripping element, a spray nozzle, an air supply device connected for supplying air to the nozzle, an extraction system configured to hold the at least one bundle and feed the at least one bundle to the nozzle, and an inlet guide positioned to guide the at least one bundle to the extraction system; and using the air supply device to expand the fibers of the at least one bundle in said spray nozzle, and spray the expanded fibers into the receiver.

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